



Serves: 4

Vegetable Stacks

Ingredients

- Multigrain Bread Slices 8 slices
- Taukwa, cut into 8 slices 80g
- Zucchini 100g
- Red bell pepper, whole 120g
- Tomatoes, sliced 80g
- Salt & pepper, to taste
- Olive oil 5 tsp
- Balsamic vinegar 2 tsp
- Mustard Dijon 1 tsp

Tips:

- Grilling or baking, instead of deep-frying, is a great way to create tasty dishes that are healthier and lower in fat.
- Use unsaturated oils (e.g. sunflower oil, canola oil, olive oil) instead of saturated oils (e.g. ghee, butter, blended vegetable oil) to reduce your risk of heart disease.
- Beancurd, pulses and lentils, peas and beans are good source of protein and low in saturated fat. They can be used to replace meat in some dishes.

Method

- Pat tofu dry with paper towels.
- Combine balsamic vinegar, olive oil, salt, pepper and mustard. Mix with tofu and keep in fridge.
- Meantime, slice zucchini thinly and sear in non-stick pan.
- Roast bell pepper in oven for 15 min at 220°C. Cool and remove skin, then cut into strips.
- Place bell pepper slices, zucchini, tomato and tofu slices on a slice of multigrain bread. Proceed to make 8 portions.
- Toast quickly in oven at 180°C for 5 min.

Nutrition Information (Per Serving):

Energy (1kcal = 4.2kJ) 218kcal
Protein 10.7g
Total fat (g and % of total calories)
3.8g (15.7%)
Saturated fat 0.9g
Cholesterol 0.1mg
Carbohydrate 35.5g
Dietary Fibre 5.3g
Sodium 430mg